

Free workshop: Living Well with Chronic Disease

Living Well with Chronic Disease is an evidence-based program created by Stanford University Medical Center called Chronic Disease Self Management Program. In order to be evidence-based, a program must go through a process that proves the programs results are positive and help those participating in it. Living Well with Chronic Disease teaches practical skills on managing chronic health problems.

Participants meet 2½ hours once a week for six weeks. Individuals are taught to control their symptoms through:

- ♦ Communication with health providers
- ♦ Managing sleep and fatigue
- ♦ Effective problem solving
- ♦ Correct medications use
- ♦ Relaxation techniques
- ♦ Changes in diet
- ♦ Goal setting
- ♦ Exercise

Studies have shown that participants in this program have had:

- ♦ Considerably greater health-related quality of life
- ♦ Self-rated health status improvement
- ♦ Greater partnerships with clinicians
- ♦ Better psychological well being
- ♦ More exercise and relaxation
- ♦ Fewer social role limitations
- ♦ Lower health distress
- ♦ Greater self-efficacy
- ♦ Greater energy

Starting January 2009, Davis County Health Department's Senior Services will offer free workshops throughout the county. Those invited to participate are adults experiencing chronic health conditions such as arthritis, hypertension, heart disease, stroke, lung disease, and diabetes; their family members, friends and caregivers can also participate.

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